

The Senior Communicator

September - October 2015



Eno Memorial Hall
754 Hopmeadow Street
P.O. Box 495
Simsbury, CT 06070
simsbury-ct.gov

Senior Center Phone:
(860) 658-3273
Social Services Office Phone:
(860) 658-3283
Fax: (860) 408-7046

Hours
Monday: 8:30 am to 7:00 pm
Tuesday to Thursday:
8:30 am to 4:30 pm
Friday: 8:30 am to 1:00 pm

Veteran's Appreciation Luncheon



The Senior Center will be hosting a special luncheon in honor of all Veterans on **Thursday, October 1 from 12:00 pm to 1:30 pm in the Auditorium.**

Veterans and a guest are cordially invited to attend.

Please call the Senior Center at 860-658-3273 to make your reservation.

We wish to extend our heartfelt gratitude to all veterans for their service to our country.

September is National Senior Center Month

The Simsbury Senior Center has a lot to offer members of our older adult community. Look through the pages of our newsletter to see the wide variety of programs, classes, special events and information available to you.



Wellness Fair

September 24th 9:30 am to 11:30 am
Eno Hall Auditorium FREE admission

Over 15 vendors, flu shots, giveaways, screenings, door prizes and more!

The Simsbury Senior Center's mission is to provide a community focal point where older adults come together for programs that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence, and encourage their involvement in and with the Center and community. We welcome all members of the diverse and growing older adult population (age 50 and over) their families and friends.

Kathleen Marschall,
Senior Center Coordinator

Elizabeth Sagan,
Senior Center Assistant

Mickey Lecours-Beck,
Director of Social Services

Charlotte Barth,
Social Services Aide

Carolyn Krystiniak,
Elderly Outreach Coordinator

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Stay Fit! Be Well!

All participants are required to complete a yearly liability waiver before starting a fitness class. We advise that each participant have a complete physical examination before participating in any physical activity.

NEW

Exercise for Parkinson's Disease

Instructor: *Mary Root*

Exercise is proven to slow the progression of Parkinson's disease and improve balance and strength.

Monday - 2:15pm - 3:15pm
9/14-10/26 - 7 classes \$17.50
\$4.00/drop-in fee

Tai Chi

Gentle and beneficial for gaining flexibility & improving balance.

Instructor: Ken Zaborowski

Intermediate 10:15am-11:00am
Beginner 11:05am-11:50am

Tuesday & Friday

9/8 - 10/30

16 classes

\$72.00 \$6.00/drop-in fee

Yoga

Mixed-level, traditional style yoga class.

Instructor: Susan Rubenstein

10:30am-11:30 am

Monday 9/14-12/7 - 12 classes
\$78.00 (No Class 10/12)

Wednesday 9/2-12/9 - 11 classes
\$71.50 (No Class 9/23, 10/28, 11/11, 11/25) \$8.00/drop-in fee

Cardio Blast Exercise

Aerobics to music you love!

Instructors:

Monday & Friday Mary Root

Wednesday Marie Burman

12:00pm-1:00pm (Mon. & Wed.)

11:50am-12:50pm (Fri.)

Monday 9/14-10/26

7 classes \$17.50

Wednesday 9/2-10/28

9 classes \$22.50

Friday 9/4 - 10/30

8 classes \$20.00 (no class 9/11)

\$4.00/drop-in fee



Perfect Fit Exercise

Low impact aerobics, strength training & Pilates.

Instructor: Susan Rubenstein

9:15am-10:15am

Monday

9/14-12/7 - 12 classes \$48.00

(No Class 10/12)

Wednesday

9/2-12/9 - 11 classes \$44.00

(No Class 9/23, 10/28, 11/11, 11/25)

\$5.50/drop-in fee

Stretch & Tone

Make your daily activities easier with total body conditioning. Includes cardio movement in between stretching & muscle toning with hand-held weights, small balls and tubing.

Instructor: Marie Burman

9:00am-9:45am

Tuesdays 9/1-10/27

9 classes \$22.50

\$4.00/drop-in fee

"Perfect Strength in 60"

2 Sessions - AM & PM

This class will offer a combination of strength training, core work, balance, and a complete stretch!

Instructor: Susan Rubenstein

Tuesday 5:00 - 6:00pm 9/15-12/8 -

12 classes (No Class 11/3) \$78.00

\$8.00/drop-in fee

Friday 9:00-10:00am 9/4-12/11

13 classes (No Class 10/9, 11/27)

\$52.00 \$5.50/drop-in fee

Interval Training

Alternates between aerobic exercise with strength training using kettle bells, resistance bands and more!

Instructor: Mary Root

9:00am-9:45am

Thursday

9/3-10/29 (no class 9/10) 8 classes

\$24.00

\$4.00/drop-in fee

Balanced Bodies Exercise

Focuses on balance and stability.

Instructors:

Monday Mary Root

Wednesday Marie Burman

1:00pm-2:00pm

Monday 9/14-10/26

7 classes \$17.50

Wednesday 9/2-10/28

9 classes \$22.50

\$4.00/drop-in fee

♦ Call the Senior Center at (860) 658-3273 for information about any of these activities! ♦

Cardio Plus Exercise

Stay fit with a class designed to give you a cardio burst, strength training and core work.

Instructor: Susan Rubenstein

Thursday - 5:00pm-6:00pm - 9/17 -12/3

10 classes - \$65.00 (No Class 10/8, 11/26)

\$8.00 /drop-in fee

Hearing Clinic

Connecticut Hearing Center will be at the Senior Center to clean and service hearing aids and perform general screenings. All services are FREE of charge.

Tuesday, Sept 22 and October 27

Make your appointment through the Senior Center.



Chair Yoga

Keep your sneakers on and use a chair while still enjoying all the wonderful benefits of yoga!

Instructor: Susan Rubenstein

Thursday - 11:00am - 12:00pm - 9/17 -12/3

10 classes - \$65.00 (No Class 10/8, 11/26)

\$8.00/drop-in fee

Foot Care Clinics

Half hour appointment are available twice a month at the senior center. Nurses will trim and file nails, sand calluses and corns, and give a foot massage.

Sept 1, Sept 22, October 6, October 27

Appointments start at 8:30am

Cost: \$29 cash or check (made payable to PediCare) the day of your appointment.

Schedule appointments through the Senior Center.

Senior Center Fitness Room

Available for you to use Mondays from 8:30 am until 6:30pm, Tuesday through Thursday 8:30am until 4:00pm and Fridays 8:30am until 12:30pm.

Membership Fees \$50.00/year or \$6.00/month.

A note from your physician and an orientation from our personal trainer are required before signing up.

Souper Tuesday

The Aging and Disability Commission invites you to lunch. Enjoy soup, sandwich, dessert and coffee.

Tuesday, September 8 (sign up by 9/1)

Tuesday, October 13 (sign up by 10/6)

12:00 Noon Free.

Meditation

Calm stress and improve your overall well-being!

Instructor: Debra Mullins

Thursday 11:15am-12:00pm, 9/3-10/29

9 classes - \$27.00 *\$4.50/drop-in fee*

The Computer Tutor

Schedule your individual appointment for help with computer/technology questions. Bring your own device or use our laptops.

Thursdays 1:30pm-2:30 pm

Call the Senior Center to make your appointment.



Blood Pressure Screening

Sponsored by the Farmington Valley VNA.

No appointment necessary - in the auditorium

Every Wednesday 11:45am-2:15pm

Massage

Make your appointment for a 15-minute massage!

1st and 3rd Wednesdays: 9/2, 9/16, 10/7, 10/21

Appointments start at 10:00am. **Cost: \$10.00**

Program Committee Meeting

Everyone is welcome to this informal discussion that can shape your Senior Center.

Wednesday, September 2 1:30pm - 2:30pm

You can register for most programs on our website: simsbury-ct.gov/senior-center

Clubs, Classes, and Games!

♦ *Call the Senior Center at (860) 658-3273 for information about any of these activities!* ♦

Wii Bowling

Everyone is welcome, no experience needed.

Thursdays: 10:00am-12:00pm

Painting Club

Get together with other painting enthusiasts in a relaxed and welcoming environment. Please bring your own materials.



Mondays 12:00pm-3:00pm, drop-in

FREE!

Scrabble

Tuesdays: 1:00pm-4:00pm, drop-in

FREE!

Canasta

Tuesdays: 1:00pm, drop-in

FREE!

Cribbage

Tuesdays: 1:00pm-3:00pm

FREE!

Setback

Fridays: 10:00am-12:00pm, drop-in

FREE!

Bridge

Mondays : 12:00pm-3:00pm \$1.00 (at the door)

Duplicate Bridge

To register, or for more information, contact Don Steele:
(860) 651-9663 or donwsteele@gmail.com

Fridays: 9:30am-12:30pm

\$1.00

Bocce

Join us on our brand new bocce court, located on the south lawn of Eno Memorial Hall.

Tuesdays: 10:00 am (weather permitting)

FREE!

Court is available for use anytime. So feel free to gather your friends and play on your own!

Investment Club

This group enjoys researching and buying stocks.

September 16th & October 21st

2:00pm-4:00 pm

FREE, drop in

Book Club

Wednesday, Sept 23

2:00pm-4:00pm

"I Curse the River of Time" (F) by Per Petterson

Wednesday, Oct 28

2:00pm-4:00pm

"The Art Forger" (F) by B. A. Shapiro

Please sign up in advance.

FREE!

Ceramics

No experience needed, enjoy being creative!

Tuesdays: 10:00am-2:30pm

9/1-10/27- 8 classes (no class on 9/22)

\$20.00

\$4.00/drop-in

Knit & Crochet Group

Informal get-together to chat and enjoy one another's company while sharing this craft.

Mondays: 10:00am-12:00pm, drop-in

FREE!

Intonations

This choral group enjoys singing together with performances at local venues.

Wednesdays: 10:00am to 12:00pm

9/2 - 12/9 (14 Weeks) (no Class on 11/11)

Cost: \$35.00

Painting Class

Bring your favorite medium: watercolor, pastels, acrylics, and the appropriate painting surface.

Instructor: Deborah Leonard

Thursdays: 10am to 12:00pm

9/17 - 11/19 (10 classes)

\$45.50

\$6.00/drop-in fee

Food, Learning, and Fun!

Monday Suppers

Cost: \$3.00

5:00pm

Join us every month for supper at the Senior Center

September 21: Beef Stew and Chicken Stew

October 26: Macaroni and Cheese

Dessert & Beverage included!

Please register for these meals no later than the prior Thursday.



Halloween Bingo

Join us for this special bingo with a Halloween twist. Prizes, refreshments and lots of fun.

Thursday, October 29

1:30pm to 3:00pm

Cost-\$2.00

Sign up by Monday, October 26



Travel Meeting with Sandy Delin from Friendship Tours

Sandy will be at the Simsbury Senior Center to answer your questions and provide information, including the up coming July Cruise!

Thursday, October 1st
Old Court Room

2:00pm to 4:00pm

Life History Writing Workshop

No writing experience required.

Tuesdays 10:30am - 12:00 pm

9/15-10/27 - 6 sessions (No Class on 10/6)

Cost: \$48.00

Instructor Jeanne LaPierre

Holiday Card Making Workshop

Create your own Holiday greeting cards including designs for Halloween, Thanksgiving, Hanukkah, Christmas and New Year with instructor Marge Lenda. Easy to learn, no experience is needed.

Monday, October 19th 10am-12pm

@ the Simsbury Public Library

FREE, sign up by October 13th

Presented by The Simsbury Senior Center and The Simsbury Public Library.

Coffee with The First Selectman



First Selectman Lisa Heavner will be here at the Senior Center to meet with you and answer your questions.

Thursday, October 15 10:00 am - 11:00 am

Sign up by October 12.

AARP Driver Safety Course

This course will teach you how to reduce traffic violations and changes for injuries, and develop safe driving strategies to compensate for age-related changes. By completing the course you may qualify for an automobile insurance discount from your insurance company.

Thursday, September 10 9:00am-1:00pm

Cost - \$15.00 for AARP Members

\$20.00 for Non-Members

Payment should be made the day of the course.



Bird Watchers

Led by Roger Preston and Gil Kleiner

Meeting time for all locations is 8:00 AM - FREE!

Wednesday, 9/9: meet at Great Pond State Forest
Parking lot

Wednesday, 9/23: meet at the Band Shell on Iron
Horse Blvd.

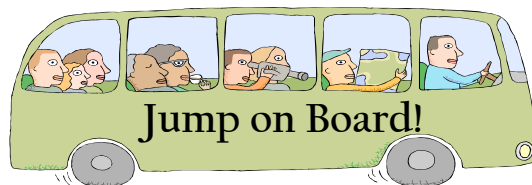
Wednesday, 10/7: meet at Great Pond State Forest
Parking lot

The next newsletter will be available
to pick-up on October 20th.

Shopping ... Eating ... and Trips

Registration for these trips begins on August 26

♦ Trips depart from the Iron Horse Parking Lot, behind Bank of America drive-thru, off Wilcox St.



♦ Departure and return times are approximate.

♦ Dial-a-Ride passes are necessary to go on Jump on Board Trips!

Thursday, September 10 - Vision Dynamics Store and lunch at The Victorian House.

Vision Dynamics offers an extensive inventory of adaptive equipment and other products to benefit people who are visually impaired, blind and/or have a learning disability. Depart 9:45am, return to Simsbury 2:30pm.

Monday, September 21 - Buckland Hills Mall & Christmas Tree Shop

(Departure and return time to be determined)

Monday, October 5 - WestFarms Mall (Departure and return time to be determined)

Saturday, October 17 - New Britain Museum of American Art

Depart 10:00am, return to Simsbury 2:00pm (Free admission)

Monday, October 19 - Enfield Mall (Departure and return time to be determined)

The Farmington Valley Travelers

For more information on any of these trips, contact Jackie Maselek, Trip Coordinator at (860) 805-5511. Trip flyers are available at The Senior Center. Meet with Jackie at the Simsbury Senior Center on Wednesday, September 9th and/or Wednesday October 14th from 10:00 - 11:30am in the Blue Room.



2015-2016 Trips

Boston Ayer Mansion and The Covenant Church & Prudential Center

September 8, 2015

Myrtle Beach

Seven (7) days, four (4) live shows and more.

October 4-10, 2015

Miracle of Christmas @ Sight and Sound Theater in PA

November 10-12, 2015

Canadian/New England Cruise

Nine (9) days, (8) nights call for further information.

July 15 -23, 2016

Lunch Menu & Lunch Café Menu

Lunch @ Eno—Wednesdays

Lunch is served at 12:00 noon. Please make your payment at the time of your reservation. Remember to sign up for lunch the Friday before, by noon!

All meals include bread/rolls, hot & cold beverages, and dessert!

Simsbury residents age 50 and over: \$3.00 - Non residents, and Simsbury residents under age 50: \$4.00



Baked Meatloaf, Mashed Potatoes, Zucchini, Cookie Bar.....	September 2
NO LUNCH WILL BE SERVED DUE TO THE POLICE PICNIC	September 9
Seasoned Cod, Rice Pilaf, Green Beans, Brownie.....	September 16
BBQ Beef Brisket, Boiled Red Potatoes, Carrots, Strawberry Shortcake.....	September 23
Chicken Parmesan with Pasta, Spinach, Peach Crisp.....	September 30
Baked Meatloaf, Mashed Potatoes, Zucchini, Cookie Bar.....	October 7
Turkey Cutlet in Mushroom Cream Sauce, Roasted Potatoes, Broccoli, Apple Cake.....	October 14
Seasoned Cod, Rice Pilaf, Green Beans, Brownie.....	October 21
BBQ Beef Brisket, Boiled Red Potatoes, Carrots, Strawberry Shortcake.....	October 28

Lunch Café @ Eno—Fridays

Lunch is available for you to purchase from 11:00am to 12:00pm (The Senior Center is open until 1:00pm)

Cost: \$2.00/sandwich - \$2.00/soup

Sept 4	New England Clam Chowder Sliced Turkey & Tuna Salad Sandwich	Oct 2	Beef Barley Soup Sliced Ham & Egg Salad Sandwich
Sept 11	Beef Noodle Soup Oven Roasted Chicken & Seafood Salad Sandwich	Oct 9	New England Clam Chowder Sliced Turkey & Tuna Salad Sandwich
Sept 18	Chicken Gumbo Soup Ham Salad & Egg Salad Sandwich	Oct 16	Beef Noodle Soup Oven Roasted Chicken & Seafood Salad Sandwich
Sept 25	Garden Vegetable Soup Chicken Salad & Tuna Salad Sandwich	Oct 23	Chicken Gumbo Soup Ham Salad & Egg Salad Sandwich
		Oct 30	Garden Vegetable Soup Chicken Salad & Tuna Salad Sandwich

More Learning.....Social Services Information

Jewelry Making Workshop

Learn to make your own jewelry!
Instructor Sandy Merrill will supply all the tools you need.

Monday, October 12th
10:00am to 3:00pm

Cost-\$5.00, plus the cost of supplies.



Lunch and Learn

Five Steps to Living Healthy for Older Americans

Thursday, September 17th 12:00 to 1:30pm
Seating is limited, we strongly recommend you sign up early.

Presented by "October Kitchen"

Maximize Your Memory

If you are one of those people who misplace your keys, forget items on a shopping list, "drop" a name after being recently introduced, or enter a room and forget why you came there in the first place, you are not alone. Paul Lupia, Ed.D. will present and explore the concept of 'forgetting to remember.'

Come with a willingness to share your own memory aids, a sense of humor and a commitment to practice what you learn.

Tuesday, October 27 10:00 AM to 11:30 AM
Free, sign up by October 23

This program is presented by The Simsbury Senior Center and The Simsbury Public Library.

SOCIAL SERVICES PROGRAMS

Renter's Rebate Program: The application period runs from April 1st through October 1st, 2015. Applicants must be at least 65 years of age, or be totally disabled – with proof of disability, as of December 31, 2014, Maximum income for a couple is \$42,200; and for a single individual is \$34,600. Please call for more information and to schedule an appointment.

Cheese Day: Fresh fruits, vegetables, meat and dairy items are given out on the FOURTH Wednesday of each month for those eligible for the program. Next Cheese Days: 9/23/15 and 10/28/15.

SNAP (formerly Food Stamps): We have partnered with FoodShare to have volunteers at Eno Hall to assist you with completing your application. The volunteers will take the application to the state for processing. Call Social Services to schedule an appointment. Next SNAP appointment dates: 9/12/14; 9/26/14; 10/10/14; 10/24/14 .

Mobile FoodShare: The Mobile FoodShare van will be at First Church of Christ, 689 Hopmeadow Street, at 1:15 PM. A Mobile FoodShare Van schedule, including Avon and Granby dates, can be obtained at the Social Services Office. Dates: 9/14/15; 9/28/15; 10/12/15; and 10/26/15.

Dial-A-Ride: An annual Dial-A-Ride pass is available to Simsbury residents only, who are disabled or over the age of 60: \$25 for an individual and \$35 for a couple. The pass allows residents use of the Dial-A-Ride buses around town, in Granby or Avon, as well as Jump On Board Senior Center trips. In addition, two out-of-town medical rides can be requested. Passes can be obtained at the Social Services Office.

Jump On Board trips for non-residents are \$15.00. Preference is given to Simsbury residents. If room is available, one week prior to the trip, non-residents will be moved from the wait list and will be registered for the trip.

Notary Services: The Secretary for Social Services is a Notary Public, and will notarize your documents, free of charge. Please call for availability.

Casino Trips ... Notable notes



Sunday, September 13, 2015: Mohegan Sun Casino

Round Trip via Deluxe Motor Coach.

2 Options!

- ♦ Casino Only: \$23.00, includes \$30.00 bonus.
- ♦ Casino and CT Sun Basketball Game: \$47.00, includes \$30.00 bonus and game ticket.
(Connecticut Sun vs. Chicago Sky)

Sign up by September 10.

Depart Simsbury 9:00 AM - Game at 1:00 PM - Depart casino at 4:00 PM - Return to Simsbury 5:30 PM

Important information for Casino Trip participants:

- ♦ Bonuses are determined by the casino and as such are subject to change without notice.
 - ♦ Participants must complete and carry an emergency medical card.
(Cards will be available from the trip leader)
- ♦ Unfortunately, we cannot offer refunds.

Pizza Lunch and Wii Bowling with Teens at The Library

You're invited to the Library for a friendly competition with members of the Teen Library.

Lunch will be provided.

Wednesday, October 14 12:30 to 3:00pm @ The Simsbury Public Library (Teen Section)

Sign up through the Senior Center by October 9.

Notable Notes!

Aging & Disability Commission Meetings are held the 3rd Tuesday of the month at 7:00 pm in Eno Memorial Hall, Youth Room. Everyone is welcome! (Meeting dates: **September 15 and October 20**).

CHOICES (Connecticut's program for Health Insurance, Outreach, Information and Eligibility Screening). A counselor will be available for one on one appointments. Fridays, Sept 18th and Oct 16th.

Copy Machine Staff in the Senior Center can make copies of medical, legal or financial documents at no charge.

Senior Center Lending Library The Senior Center has a wide assortment of books, (including large print) for our members to borrow!

Postage Stamps For your convenience, the Senior Center offers single stamps for sale.

Privacy Policy The Senior Center **does not give out Personal Information on any of its members, staff or instructors.** We thank you for understanding.

Help us Save on Postage You now have the option to pick up your newsletter at the Senior Center. The next newsletter will be available for **pick-up on October 20th.**





Simsbury Senior Center
P.O. 495
Simsbury, CT 06070

PRESORTED STANDARD
US POSTAGE PAID
AVON CT
PERMIT NO 444



Bridge Tournament

Monday, September 28 - Eno Hall Auditorium

See the enclosed flyer for details

Pickleball

*See the enclosed flyer for details and
exciting new information*

Seasonal Flu Clinics

The Farmington Valley VNA will be administering seasonal flu vaccine along with the pneumonia vaccine at The Simsbury Senior Center.

Clinic Dates:

Thursday, September 24, 9:30am to 11:30am
(@ The Wellness Fair)

and

Tuesday, October 6, 1:00pm to 3:00pm

*Appointments are necessary, and can be made
by calling the VNA at 860 653-5514.*



welcome

The Simsbury Senior Center strives to be a welcoming center that acknowledges and respects the diversity of our members and guests - a diversity which includes differences in sex, age, race, ethnicity, national origin, range of abilities, sexual orientation, gender identity, financial means, education and political perspective.

Senior Center Cancellation Policy

TRIPS: There will be no refunds or credits on trips once a payment has been received unless a replacement can be found.

LUNCH @ ENO: Requests for credit should be made by the Friday before, by 12:00 noon.

ALL OTHER PROGRAMS/CLASSES:

Requests for credit should be made 7 days prior to the start date or event date.